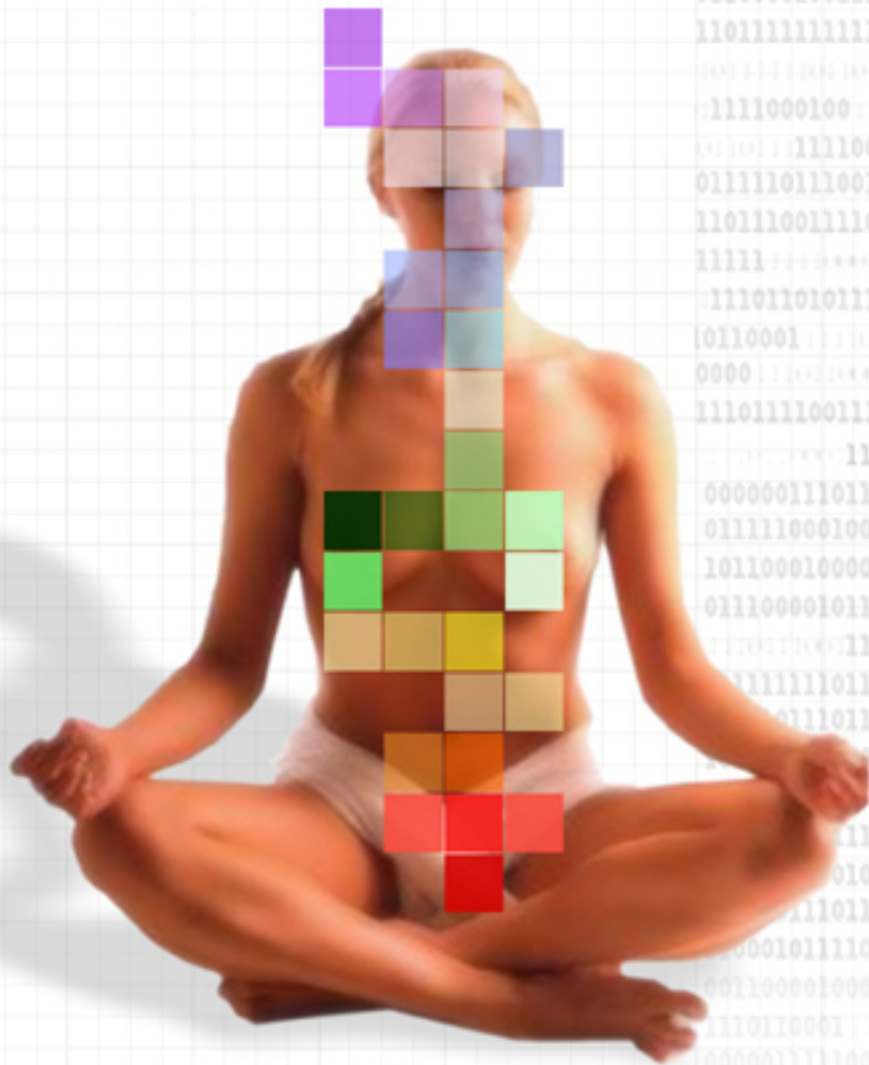


THE MYTH AND MODERN SCIENCE OF COLOR & HEALING



Interior Peace

ZEN MIND LIVING

HEALING · HOLISTIC · HARMONIOUS

THE MYTH AND MODERN SCIENCE OF COLOR & HEALING

The colors that surround you are an illusion created by your eyes and mind. Color as we “see” it does not exist on surfaces distinct from your physical body and spirit, such as in flowers, or on leaves, or paint on your walls. Color is part of a continuum which begins at the source of all light, then flows into the physical universe, reflects off a flower, butterfly or sparkling brook, enters your eye and ultimately, becomes part of you.

Your physical body is influenced by the frequency of the colors -- if harmonious, the effect is pleasing and beneficial. We've all experienced the effect of walking into a room and feeling peace-

ful, calm and relaxed. Color also enhances your flow of spiritual energy, as recognized by every religious tradition.

Ancient tradition holds that color and light affect mood, spiritual conditions and physical health. 'Modern science' offers evidence to support some traditional practices and beliefs about the healing effects color, most notably, the effects of color fields and reflected, ambient light on mental attitude and physical condition. Studies have confirmed many beliefs about color and relationships have been shown to IQ in children, blood pressure, appetite and mood.

Here are some traditional beliefs about color and recent findings that support them;



Purple is helpful in the healing mental, emotional and nervous problems through its properties of enhancing connection to the spirit, the opening of the third eye, the clearing of the head and the purging of auric field of distortions, including karma from other lifetimes on all levels. It is also associated with healing our inner child. Purple helps with pain, is used in deep tissue work, helps heal the bones and will assist with sciatica, rheumatism, meningitis and other degenerative connective tissue and joint problems. It is believed to be beneficial in the treatment of epilepsy and proven effective in relieving headaches, sunstroke and other inflammatory conditions. On a biological level the measurable response to purple or violet is similar to the reaction to blue -- lowering of blood pressure and pulse rate. Purple has also been proven to decrease appetite and may be helpful in controlling weight.



Indigo is closely related to Purple, used to open up intuition or psychic ability. It is also used to prepare the individual for the entering of the divine spirit. Indigo is known to heal allergies and aid in the resolution of immune system issues.



Blue is often used in color therapy to treat insomnia, an overactive thyroid, and panic attacks. Regarded as cooling and calming, blue inspires relaxation, peace, and tranquility and works to restructure the etheric level. It takes away pain when doing deep tissue work and work on bone cells. Studies have shown it lowers blood pressure and heart rate; decreases hunger and is beneficial for persons suffering from shock, inflammation, nervous breakdowns and burns.



Green is considered a good, general healing color because it stimulates growth and is therefore good for helping in the regrowth of tissue of all kinds, including broken bones. It charges the heart chakra and is good for the heart in general as it soothes tired nerves as it balances the emotions and brings a feeling of calmness. Green charges the aura to ensure well being and health, and to remove illness. It is a general aid to fertility. It may be disliked by persons just experiencing trauma because as it seeks to balance, it may cause aspects of the trauma to surface. The lighter shades of green are particularly well known for bringing about a feeling of calmness and are widely used in medical settings (think 'hospital green').



Yellow is a color that is very stimulating to the mind and to the body and studies have shown that it can raise IQ in children. It will help you think quicker and is good for clearing a foggy head -- it has the effect of charging the brow, or third eye Chakra. It is believed to help heal digestive ailments and has been proven to stimulate the appetite. Because of its stimulative effects it should be used carefully, as overexposure can cause exhaustion and depression. Yellow has been shown to be helpful in healing skin problems, such as dermatitis.



Orange is a powerful color that is used to strengthen the immune system and increase immunity. It charges the auric field and cause dramatic increases in sexual potency. Studies have shown that it also causes hunger pangs. Like yellow and red, it has been shown to raise the IQ of children. Orange will have a gentle warming effect if used lightly, and the use of an orange tinted light while reading will increase energy levels. It is used to help in all digestive ailments, and is known to be effective with chest and kidney diseases.



Red is used for super charging the auric field, burning out cancer, drying up weeping sores or wounds, etc., and it will warm cold areas to reduce pain. Red is a powerful agent for healing diseases of the blood and circulation. It will help with depression and amnesia, and studies conducted in 1948 in West Germany showed that the use of red in the classroom raises student IQ levels. Studies have shown that red should not to be used on people with high blood pressure, anxiety or heart problems. If you are exposed to red for a considerable time it will make you very agitated or even aggressive.

The effect of color on our physical and spiritual health cannot be minimized, either in light of ancient tradition or the findings of modern science. As science advances we find more evidence that ancient traditions have withstood the tests of time because contain elements of truth.

At INTERIOR PEACE Zen Mind Living we respect tradition and science, and we urge you to understand the importance of our system of healing colors, applied using holistic techniques and Earth friendly materials.

YOUR SPIRITUAL BEING, LIVE AND IN COLOR.

THE CROWN

Purple is the color of power, success, royalty, idealism and psychic manifestations, transformation and creativity. Purple connects us with our spiritual selves. In dreams or meditation it conjures feelings of enchantment, wishes fulfilled, of dreams made fact. In the aura it is the highest vibration for the human spirit, indicating a person who is a visionary, in command of life and energy. It is the color of the Crown Chakra, which connects with messages from higher realms, and represents Gemini, Virgo and the planet Jupiter. It is the Seventh Ray in God's Twelve Rays.

THE THIRD EYE

Indigo is the color of deep intuition, meditation, psychic power and ability. It is the color of the Brow Chakra, also called the Third Eye. In meditation or dreams it signals psychic power, ability or psychic force, and in an aura it shows an intuitive person with abilities that come from before birth to be used in this incarnation. It represents Neptune, and is the Sixth Ray of God's Twelve Rays.

THE THROAT

The primary spiritual color, blue is the color of the sky, heaven, truth, loyalty, serenity, harmony, perfection, peace and nobility. Sagittarius, Aquarius and Pisces are represented by blue, as are Venus, Earth, Uranus, Neptune and Pluto. Blue in the aura represents a teacher or a kind, caring and sensitive person, in a dream or meditation, contentment and reunion with the Earth. The Throat Chakra, tied to creativity and communication, is blue, as is the Fifth of God's Twelve Rays.

THE HEART

Green is the color of healing, harmony, balance, sympathy, devotional love and self esteem. It promotes prosperity, fertility, success, good luck, money, harmony and rejuvenation. It represents plant life and the triumph of life over death. It balances the emotions and brings about a feeling of calmness, the natural balance between blue, a highly spiritual color, and yellow, a very "mental" color, helping to merge the spiritual "heavenly thought" with earthly "mental thoughts." It is the color of the Heart Chakra, and in the Zodiac, represents Cancer, and Saturn, Uranus, Neptune and Pluto. It is the Fourth of God's Twelve Rays.

THE SOLAR PLEXUS

Yellow represents activity, creativity, unity, intellect, concentration, divinity, the warmth of sunlight, hope and joy. It elevates the consciousness to move beyond its' present mental stability, and in dreams or meditation represents cheerfulness, radiance, relaxation and release from burdens. In the aura it signals an intellectual, an idea maker, but one without healing gifts. Taurus and Libra are represented by yellow, as are both the Sun and Mercury. It is the Third of God's Twelve Rays and represents the Solar Plexus Chakra, the seat of emotions, which gives us a sense of personal power in the world.

THE SPLEEN

The color of the mental body in its logical and conceptual form, orange represents instinct, business and career goals, ambition, success, justice, legal matters, selling and action. Mercury and Leo are represented by orange, as is the Second of God's Twelve Rays. It is the color of the spleen chakra, related to our sexual and reproductive capacity. In dreams or meditation it is symbolic of fire, expanding energy, power and the omnipotence of the sun. As peach it represents the better side of the mental body, peace, truth, and balance.

THE ROOT

The color of health, passion, passionate love, energy, vitality, power, fertility, strength, courage, will power, blood and fire. Aries and Scorpio are both red, as is Mars, and red draws Aries and Scorpio energy. It is the color of the Root Chakra, the base, which grounds us in the physical world and contains the primary eight cells which have all the knowledge of creation. Red is the First of God's Twelve Rays.

